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# ● Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE · WASHINGTON, D.C. 20250

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## RICE BREAD RESEARCH

A new bread formula made from rice flour may offer a good alternative to people who suffer from allergies and/or cannot tolerate wheat products. A USDA food technologist said patients with hypertension, inflamed kidneys, and digestive difficulties could benefit from eating rice bread because it contains low levels of sodium, protein, fat and fiber, and high amounts of easily digested carbohydrates.

In USDA research at the Western Regional Center at Berkeley, Calif., scientists found a gum substitute for gluten, the substance that traps the leavening gasses produced by yeast during fermentation, thereby allowing dough to rise. If you add chemicals to raise rice dough, the bread does not have a good texture or taste. But--food technologist Kazuko D. Nishita created a recipe using yeast and methylcellulose to give rice bread color, flavor and texture like conventional breads.

Mrs. Nishita, and Maura M. Bean and Robert L. Roberts, also USDA food technologists, and University of California food chemist Barbara M. Kennedy, found that refined vegetable oils were more effective than fat for improving the overall quality of the rice breads. Hydrogenated shortening and dough conditions normally used in wheat breads to improve quality had the opposite effect on rice breads. Thus, rice bread can be useful for people on certain restricted diets.

A rice bread mix for home use--although still in the developmental stage--has been used successfully. All ingredients, even water, must be measured accurately, according to the scientists. Consumers may have difficulty obtaining rice flour and Methocel, since they are normally available only in large quantities. However, rice flour is sold in some supermarkets, health food stores, and other similar outlets. Methocel, a necessary ingredient in this type of bread, may be purchased from Ener-G Foods, Inc., Seattle, Washington.\* To obtain the complete recipe for making rice flour bread for home use, write to the Editor of Food and Home Notes.

\* Mention of a company or product does not imply approval by USDA.



Mrs. Kazuko Nishita and Mrs. Maura M. Bean prepare rice bread samples for a taste test. (USDA: 1075x2089-35)



## THE COST OF MEAT

If you're planning a family dinner and want to spend a minimal amount of money, consider beef liver for your entree. It is the least expensive meat in a list of 20 meats prepared by the U.S. Department of Agriculture (USDA). The prices are based on May 1978 statistics, B.L.S.

Beef liver not one of your favorites? The next most inexpensive meat listed is hamburger--then whole, ready-to-cook chicken. The most expensive cuts of meat are porterhouse beefsteak and loin lamb chops. The latter's cost is calculated at \$1.66 for a three ounce cooked lean portion.

If you are a middle-of-the-road buyer, you may consider canned ham, which figures around 58 cents for a three ounce serving. Center-cut pork chops are also high on the price list--about 88 cents for the three ounce serving. The May retail prices range from 84 cents per pound for beef liver, to \$3.62 for loin lamb chops.

Retail food prices, which have climbed rapidly in recent months, are likely to rise further this summer, but at a much slower rate than during the spring. The summer prices may average nearly 10 percent above a year ago, according to USDA economists.

(Average) Cost of a 3 ounce serving of cooked, lean meat

	Retail Price Per Pound	Cost of 3 oz. cooked, lean
Beef liver	.84	.23
Hamburger	1.10	.29
Chicken, whole, ready-to-cook	.66	.31
Chuck roast of beef, bone-in	1.16	.52
Haddock, fillet, frozen	2.04	.59
Lamb chops, loin	3.62	1.66

## ABOUT YOU 'N' ME

Judith Brown, coordinator, Department of Conferences in Tucson, Arizona, is setting up plans for a conference on the potential for goat's milk and meat production to meet the expanding needs for animal protein in the world today. It will be the Third International Conference on Goat Production Nov. 5-8 in Tucson....Future plans: A White House Conference on Families will be held Dec. 9-13, 1979 in Washington, D.C. It will help stimulate a national discussion of the state of American families, according to Health, Education and Welfare planners. There will be a special media session.

## FOOD CLIPS

Large, compact roasts--beef rolled rib, rolled rump, and sirloin tip roasts can easily be cooked on a rotisserie. The roast should be as regular in shape as possible so the spit will rotate evenly, according to U.S. Department of Agriculture home economists.

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It is important to mount a roast securely on the spit so it will not slip as it turns. If properly balanced, the meat will rotate evenly.